

Be Snack-Wise!

Eat a Variety of Foods and Enjoy!

Plan Snacks Using the Food Guide Pyramid

Try these ideas at home or on-the-go



Snacks from the Grain Group

Cracker “stacks” (wheat crackers with cheese spread)
Ready-to-eat cereal
Breads of all kinds such as multi-grain, wheat, etc.
Graham crackers
Ginger snaps



Snacks from the Vegetable Group

Vegetable sticks such as cucumbers, squash, carrots*, or celery *
Cherry tomatoes cut in small pieces
Celery* stuffed with peanut butter*
Steamed broccoli or green beans with lowfat dip



Snacks from the Fruit Group

Chunks of banana
Tangerine sections
Apple ring sandwiches (peanut butter * on apple rings)
Canned fruits packed in juice
Juices (100% juice)



Snacks from the Milk Group

Milk shakes made with fruit and milk
Cheese slices with thin apple wedges
String cheese or individually wrapped slices
Mini yogurt cups

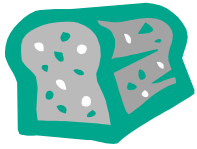


Snacks from the Meat Group

Hard cooked eggs (in wedges or slices)
Peanut butter* spread thin on crackers
Bean dip spread thin on crackers

*May cause choking in 2 to 3 year old children.

Most young children need snacks in addition to their three regular daily meals.



FUN SNACK IDEAS

SHAKE PUDDING

½ cup cold milk

3 tablespoons instant pudding (must be instant)

Place ingredients in small jar, leave half of jar empty for shaking purposes. Tighten the lid. Shake for a few minutes. (1 small box of pudding makes 4 servings.)

HAM AND CHEESE ROLLER COASTERS

Use 1 slice of ham and 1 slice of cheese and roll up.

FRUIT POPS

Mix fruit juice with pieces of fruit (banana, peaches, etc.). Spoon into small paper cups and insert plastic spoon or popsicle stick and freeze. A small piece of foil wrapped around the top of the cup will hold spoon in place.

CHEESE CUT-UPS

Sliced cheese

Crackers or slice of bread

Cookie cutters

Separate cheese slices, cut with cookie cutter and place on top of crackers or bread.

SWEET CARROT STICKS

Slice carrot sticks and soak in pineapple juice for at least an hour.

FRUIT SMOOTHIE

½ cup of mashed fruit

¼ teaspoon of vanilla extract

8 ounces of milk

4 ice cubes, crushed

Combine all ingredients in a blender or beat until smooth.

Adapted from the USDA, Southeast Region Office of Public Affairs.

Tennessee Department of Health

Authorization No. 343414

No. of copies: 120000

This public document was
promulgated at a cost of \$.02 per copy.
DH-0100 (2/02)



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.